



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street
Croton-on-Hudson, NY 10520
271-3006

www.crotononhudson-ny.gov/recreation-parks

WINTER 2022 / ADULT PROGRAM

Gentle Yoga

Join instructor Alexa for Gentle Yoga, a nurturing class designed for students of all levels. Practice stretches, breath work and simple yoga poses. Focus on the healing effects of breath, proper alignment and positive energy. Release tension, build strength, reduce stress and restore balance – all while quieting the mind.

GENTLE YOGA – Mondays

Act# 2096 Sec 3

NEW DATES: Mondays, beginning January 24 for 10 sessions Ending April 4

No class January 17 & February 21

Time: 11:00AM -12:00 Noon

Location: Municipal Building, Recreation Conference Room

Fee: \$150.00 Village residents / \$175.00 School dist/non-residents

Registration Deadline: January 3

Instructor: Alexa Wolkoff, RYT



WINTER 2022 * GENTLE YOGA * Act # 2096 Sec 3

Amount: \$150 Village Resident / \$175 School District / Non-Resident
(Checks Payable "Village of Croton")

Online Registration: www.crotononhudson-ny.gov/recreation-parks

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognizes that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____

Date: _____